



# Apuldram News

## Summer 2014

The Apuldram Centre - Horticultural & Craft Training for People with Learning Disabilities

Common Farm, Appledram Lane South, CHICHESTER, PO20 7PE; ☎ 01243 783370

Editor: Paul Reed; Asst Editor: Sue Gilson



part of producing the Newsletter we meet lots of people doing different things and we also get to ask them about themselves in a way that, we hope, illuminates some of the happenings that are the everyday life of Apuldram, and this edition is no exception; although things get a bit frantic towards the day of its release from captivity, it's always a joy to 'get the bits ready' to publish!

Apulstock is featured, as well as the Cream Tea extravaganza that opens the celebrations for Apuldram's 25th Birthday. Please support both; tickets for Apulstock are now on sale, open to all; similarly, the Cream Teas afternoon is for everyone - please bring as many people as you can! During the afternoon I will be involved in signing up new members for the 100 Club so if anyone would care to join me at that task and/or give me a break from time to time, it will be appreciated!

New arrivals - staff and animals, and sad departures - all life is here!!

We do hope that you find this of interest; please share it with friends and I'll gladly add them to my mailing list.

**A reminder:** if you haven't already joined the 100 Club, why not think about doing so now? You could win up to £100 each month and benefit Apuldram at the same time; [paulreed@apuldrum.org](mailto:paulreed@apuldrum.org) for info.

I hope that summer is good for you,

*Paul*



### Can you help?

For the Annual Review of service, Alex Fryer is running a workshop on the 18th of June. He wonders if anyone has a laptop projector that he could borrow for the day? Please contact Alex on 01243 783370 or [alex@apuldrum.org](mailto:alex@apuldrum.org)



Laura in the kitchen with a batch of Apuldram's famed cheese scones ready to go into the oven; why the Minnie Mouse ears? See page 5 to find out.



**New Arrivals:** five of the six new goslings with their proud mum.



## Lily takes afternoon tea at The Ship Hotel

One Saturday in April Lily met up with Julia Hixson – friend and one-time Apuldram Volunteer - at the newly re-vamped Ship in Chichester. Here's their report on the afternoon:

"Lily said the plush interior with many ornaments, couches and colourful cushions was "very posh", and she loved the huge glitzy mirror above the fireplace.

"We settled in to a comfy corner seat with a good view of all the action – lots of people taking tea, wine, and reading the newspapers

"The afternoon tea arrived on a stunning slate two-tier stand – it looked fab – see our photos!

"The cucumber sandwiches were perfect – no crusts! We moved on to the scones with clotted cream and strawberry jam. We both agreed these were not the best we had had. Lily said 'The Ship should get Grace and me to go there and give them some lessons on scone-making. The Apuldram scones are the best in Chichester!'"\*\*

"Neither of us could finish all the lovely cakes – chocolate brownie, fruit cake and a piece of old fashioned coconut ice. The waitress kindly packed up all our leftovers to take home which was great as Lily had more tea and cake at home on Sunday.

"We had a really lovely time and it was great to catch up with each other; we're going to meet up again soon so that Julia can see all Lily's recent paintings – maybe she can sell some more....."

**From Lily and Julia**

[\*\* - allegedly! Ed]



## Welcome to Sarah Abbott

Sarah joined Apuldram on 5<sup>th</sup> March as our new Admin Officer and has already made a great impression on trainees, staff and volunteers, as well as visitors to the Centre. We asked her to provide a few words about her background and her life in general; here's what she had to tell us:

"I had previously always worked for large corporations including IBM and, most recently, Estée Lauder Cosmetics, managing Finance and HR Departments. Taking voluntary redundancy freed me up to look at what I *really* wanted to do; I knew that I wanted it to be different. The post at Apuldram came at the right time for me.

"I recently qualified as a Fitness Instructor and regularly attend outdoor 'Bootcamp' exercise sessions (51 weeks of the year in all weathers including snow, ice and on occasions, torrential rain!). [Wow! Ed]

"I am somewhat of a Biker Moll and can regularly be found riding pillion style on a Kawaski or Harley Cruiser.

"I love spending time with the family - John, sons Miles and Harry and my many nieces and nephews

"I like to spend summer weekends away in an old VW Camper van

"I love my new job at Apuldram!"





# Farewell to Rosie



**Rosie Peskett** has been a popular and hardworking member of the Apuldram team for four years. There was much sadness when she recently left and a surprise barbecue was arranged to thank her for her contribution and to give her a good send-off. There had been a collection and Rosie was given Love2Shop vouchers, a hanging basket, a bunch of flowers and a box of chocolates. Trainees had designed and signed a special Apuldram card to say thank you for all her hard work and wish her well. It was a tearful farewell, with Rosie saying in her speech that she 'felt blessed to be part of the Apuldram family and to have met all the trainees over the past four years'.



Sally Milligan sent me these photos of some of our litter-pickers enjoying R&R! Well-deserved, I'm sure!  
You can see the changing seasons from the arrival of the may blossom in the second photo.  
[left to right: George, Justin, er Justin again and Andrew]



# Good To Meet You

Paul Reed talks with

**Belinda Paddock** 32 (very nearly 33), Singleton

## Q What makes you happy?

A I like working in all sorts of places at Apuldram; my favourite place is the kitchen. Near where I live there are good places to walk. I live with a good group of people

## Q What are your hobbies?

A Cross-stitch - I make pictures, copying them in cross-stitch. I also like making cushions with a latch-hook [the things you use for rug-making] and I've made a pillow, too.

## Q How do you spend your evenings?

A I watch television most evenings; I like Neighbours, Coronation Street (Favourite Corrie character? Carla). I watched the Badminton Horse Trials at the weekend. I used to go riding at Ferring Country Centre until it became too expensive

## Q What do you do at weekends?

A It depends on staffing levels where I live but we often go to the Museum (Weald & Downland Open Air Museum), where we have free entry; last time we went I had an ice-cream.

## Q Favourite films?

A Black Beauty; Fast and Furious, which is full of fast cars and chases.

## Q Favourite singer/band?

A Jessie J

## Q What do you like doing best at Apuldram?

A I like the kitchen best. I made bread last week. [For those who haven't tried it, Apuldram's bread is wonderful!]

## Q Describe your family/pets

A In addition to Mum and Dad, I have three sisters and one brother; two of my sisters are married and live away; the other sister and my brother live with Mum and Dad near Loxwood. My parents visit me most weekends and I recently went with them and the others to Wittering for the day; I like sandy beaches. Where I live they have two pet pigs - Tallulah and Gladys - as well as a cockerel, chickens, rabbits and guinea-pigs.

## Q Favourite meal?

A Chicken and chips! Oh, I do like vegetables, too.

## Q Three words to describe yourself

A Kind, caring, friendly.

*Belinda takes part in the Partners In Art project at Pallant House Gallery in Chichester; partners are "carefully selected to meet the needs and creative ambitions of both the volunteer and referral partner, partnerships are encouraged to work together in an equal way with respect for the other's creativity and interests. Meeting on a regular basis, partners typically create art together, visit exhibitions, take part in community art events or attend art classes."*

*Belinda's Partner in Art is Ann Laws, who is also a volunteer at Apuldram. Some examples of Belinda's art are elsewhere in this Newsletter.*



## Garden Tips for June/July from Alan Doick

- \* **Make** war on your weeds-hoe, hand-pull, mulch or if really necessary use weed killer.
- \* **If** lawns look thin & yellow give a liquid lawn food.
- \* **Over** this period you can take cuttings of many shrubs; make sure that you take from firm new growth, which is not woody.
- \* **Check** Roses for Mildew & Blackspot and spray as necessary.
- \* **Layer** Border Carnations as growth allows.
- \* **Prune** summer-flowering shrubs when they finish flowering.
- \* **If** blanket weed is a problem in your pond then put some barley straw in a net bag and leave in the pond for the summer. Try to have as much of the water surface area as possible covered by your aquatic plants, this cuts down the amount of sunlight hitting the water.
- \* **Strawberries** are not long-lived so now is a good time to root runners but only as long as they look healthy.
- \* **Lift** autumn-planted onions.
- \* **Sow** spinach for late summer/autumn cropping.
- \* **Make** successional vegetable sowings as space allows.
- \* **Tie** in Blackberry new shoots as well as Raspberry; these will be fruiting next year.
- \* **Be** sure to 'side shoot' Tomatoes as necessary so that all goodness goes into producing fruit & not unnecessary growth. Also check for Green & Whitefly infestations.
- \* **Check** on and pick any fruit regularly.
- \* **Keep** all plants well-watered as necessary especially newly planted ones.



# Who'd be a volunteer?

Well, fortunately for us, quite a lot of people; here's one:

**Meet Linda Stubbs:** "I am now semi-retired, having previously worked as a Supported Learning tutor and Supported Living manager in Surrey. I still work as a communications support assistant for the Royal Association for Deaf People. "I have two grown-up daughters and twin grandsons, now aged six months; I'm really enjoying being a grandmother.



"I love reading books: fiction and non-fiction, as well as poetry. I also enjoy walking in the countryside and am a volunteer on a project to improve the South Pond in Midhurst.

"I had heard about Apuldrum and came for a coffee and chatted with Sue Saunders; following that conversation I joined Apuldrum as a volunteer in the kitchen in November 2012; from January 2013 I was asked to do Makaton signing in the drama class.\*

"As well as continuing as a volunteer in the kitchen, I also offer bank cover for when Penny or Jane [Apuldrum's Kitchen instructors] are away; I have recently started doing internal verifying for Open College Network courses at Apuldrum.

"I like the atmosphere at Apuldrum; the trainees, staff and volunteers made me feel very welcome - and still do. I love seeing the trainees develop their skills and grow in confidence, and their sense of pride in their achievements."

\* Makaton uses signs, symbols and speech to help people communicate. Signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using

signs can help people who have no speech or whose speech is unclear. Using symbols can help people who have limited speech and those who cannot, or prefer not to sign. See [www.makaton.org](http://www.makaton.org) for more information.

## Was Paris ready for this? [probably not!]

*Charlene Jukes and Lynn Collins, both part of Apuldrum's Supported Living team, took a small group of tenants away; here's what Charlene wrote on their return:* Lynn and I took Laura Herniman, Emily Rickard, Melanie Wakeford, Grace Tunnell and Anna Bradley to Disneyland Paris. Chris (another team member) drove us to St. Pancras International at 6am on the Monday to catch the Eurostar to Paris. Excitement was at the maximum!

We stayed at the Dream Castle Hotel which was a one-minute free shuttle bus away from the parks. Grace, Mel and Anna shared a room, Emily and Laura shared another. We had breakfast included, where we could choose from cereal, bacon, eggs, meat and cheeses, toast, fruit, yoghurt or croissants.

We all went on most of the rides, I think we only missed a couple due to very long queues. We also met a few of the characters such as Mickey Mouse, Minnie Mouse and Woody.

We saw a parade too, with a lot more Disney characters singing and dancing; the theme was 'Swing Into Spring'.

On our first day in the park we stayed until closing time as there was a Disney Dreams show, which is a fireworks and light show with animated Disney characters too; most of us sang along to the songs and we all enjoyed seeing it.

The last day we spent shopping; we all bought souvenirs although it was hard to decide what to get as there were so many different items to choose from. We all enjoyed it!



Grace, Anna, Laura and Emily



Mel with friends >



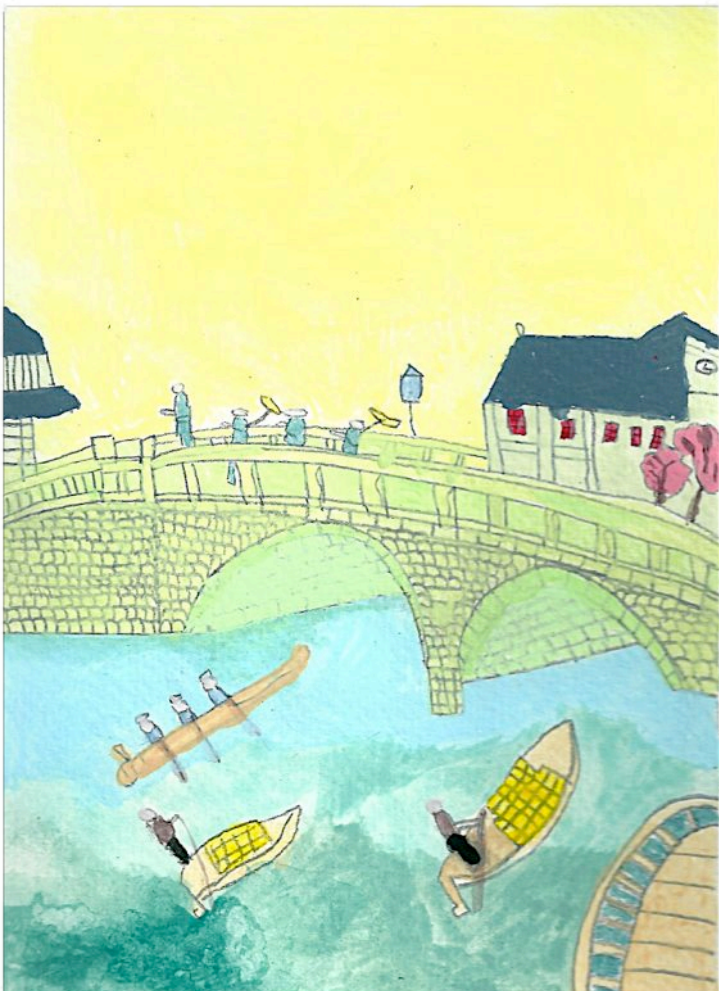
Emily's BFF >  
[best friend forever]



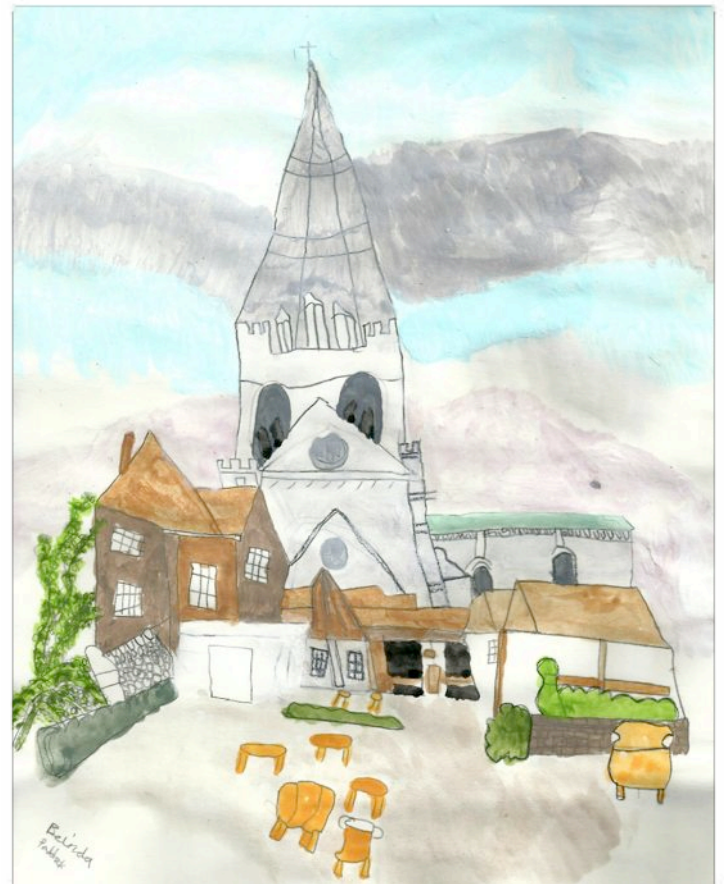
# Artwork by Belinda Paddock



How Many Houses Can You See?



People On The River



Chichester Cathedral





The Cream Teas afternoon is not just Cream Teas, although that would be sufficient to bring most people out for an hour or two; as you will see from the flyer here, there's a lot more to see and buy. It's open to everyone so please bring family and friends.

As well as raising funds for Apuldram, it's also the first celebration of the Centre's 25 years of existence; please help us to celebrate!



# 25<sup>TH</sup> ANNIVERSARY CREAM TEAS

Come along and help us celebrate 25 years of Apuldram

**SUNDAY 1<sup>ST</sup> OF JUNE 2014**  
**12 PM - 4 PM**

**LOTS OF STALLS & ENTERTAINMENT FOR ALL**

<b>TOMBOLA</b>	<b>CAKES</b>	<b>BRIC-A-BRAC</b>
<b>RAFFLE</b>	<b>PLANTS</b>	<b>CRAFTS</b>

**The Apuldram Centre,  
Appledram Lane South,  
Chichester,  
PO20 7PE**



[www.apuldram.org](http://www.apuldram.org)

**and while you're here at any time, do visit our Sensory Garden and enjoy the tranquillity it affords**



The wicker animal reflected in the silver ball





THE ORIGINAL MUSIC FESTIVAL FOR PEOPLE WITH LEARNING DISABILITIES



*Joel*  
*Tru*  
*Feelinz*  
*Focs*

*Peter*

*Iron*  
*Tyger*  
*Nocturno*

*Bark*  
*Bark*  
*Bark*

**Apulstock**  
**2014**

*Zumba*

*Panther*

*Dynamix*  
*Crew*

*St Johns*  
*Wood Affair*

*Freedom*  
*Culture*

**SATURDAY 19<sup>TH</sup> OF JULY**

**CHURCH FARM - BOSHAM**

**TICKETS AVAILABLE  
IN ADVANCE:**

Adults - £7.50

Children (under 12) - £5

Carers / Support Workers - £5

Family (2 Adults, 2 Children) - £20

email: [apulstocktickets@gmail.com](mailto:apulstocktickets@gmail.com)

- Music on two stages, with stalls
- and entertainments including:
- American Classic Cars,
- OutThere Sports Activities,
- Apuljuice & more!

• - Follow us on Facebook -  
• [www.facebook.com/apulstock](http://www.facebook.com/apulstock)